

# NAVY ALCOHOL AND DRUG ABUSE PREVENTION (NADAP)

FEBRUARY 2014



## KEEP WHAT YOU'VE EARNED VIRTUAL SUMMIT FOR CAMPAIGN SUPPORTERS

Join the Navy Alcohol and Drug Abuse Prevention Office (OPNAV 170A) on Thursday, 20 FEB 2014 at 1300 (central time) for a virtual summit and candid discussion on the keep what you've earned campaign.

The *Keep What You've Earned* campaign launched in April 2013 has since received tremendous support from many of you. However, the success of the campaign hinges on cultivating partnerships with a range of individuals and organizations within the Navy. Just as this campaign could not have been created without the help of our Sailors, continued success of the campaign cannot be accomplished without your support and honest feedback.

During the *Keep What You've Earned* virtual summit, you will have an opportunity to have an open discussion with your colleagues on your experience implementing the *Keep What You've Earned* campaign, and share new and innovative ways to reach our Sailors and encourage responsible drinking.

**Please RSVP by 17 February 2014 via the following link:**

<http://www.surveymonkey.com/s/kwyevirtualsummit>

Join the meeting by clicking the link below:

<https://connect.dco.dod.mil/nadapwebinar1/>

If you have any questions prior to the event, please feel free to reach out to Sara Sisung at [sara.sisung.ctr@navy.mil](mailto:sara.sisung.ctr@navy.mil).

### IN THIS ISSUE

- 1 KEEP WHAT YOU'VE EARNED VIRTUAL SUMMIT
- 2 KEY STEPS FOR URINALYSIS COLLECTION
- 2 NADAP WEBINARS
- 3 DEFY PHASE II OPERATIONS
- 4 WHAT IS CONSIDERED AN ALCOHOL TREATMENT FAILURE?
- 5 SAILOR'S CAUTIONARY TALE ABOUT COPING WITH HARDSHIPS THROUGH ALCOHOL USE
- 6 NAVY LEADER'S GUIDE NOW AVAILABLE IN SMARTPHONE APPLICATION



## KEY STEPS FOR URINALYSIS COLLECTION

Proper urinalysis collection is the key to a successful urinalysis program. Poor collection procedures, such as samples provided without direct observation or with a break in chain of custody of the samples can result in adulterated or substituted samples and dismissal at NJP or court martial proceedings. This would undermine the deterrence effect of the detection program. The success of the urinalysis collection program is dependent on close adherence to the guidance that follows:



A simple checklist, along with OPNAVINST 5350.4 series, provides all the information needed to conduct a technically correct urinalysis collection. There are several key steps in the collection process that should be carefully followed to ensure success.

**Direct observation.** This is the primary method the military uses to deter efforts to beat the test. Every sample must be given under direct observation by a member of the same gender as the person providing the sample. The observer must never lose sight or take possession of the bottle, and watch the urine leave the body into the bottle.

**Individual's verification of information on the bottle label.** The member must initial the label to verify his/her information. The UPC should then initial the label to verify the individual designated on the label provided the sample. **DO NOT print or sign your full first and/or last name.**

**UPC's inspection of the sample.** This is accomplished by inspecting the color of the sample, feeling the bottle for warmth, and looking for debris in the sample. An adulterated or substituted sample may appear clear or pale, may be a different color from urine, or may feel cool to the touch.

**Command Ledger.** Each individual must sign the ledger to verify the sample provided is theirs; and observer must print and sign their name on the ledger to verify they saw the sample provided enter the bottle. **DO NOT** send the ledger with the samples to the NDSL for testing.

**Use of tamper-resistant tape.** Tamper-resistant tape is affixed in the presence of the sample provider and makes it easy to determine if tampering has occurred with a sample. Tape should overlap the bottle label; extend over the top of the bottle and down the side. Ensure tape does not cover the bottle label bar code. If tape break during packaging, affix another strip and annotate the break in block 13 of the DD 2624. UPC supply list can be found on the NDSP page of the NADAP website at <http://www.nadap.navy.mil>.

**The final key step** is to ensure only the sample provider and UPC has custody of the sample during the collection process. **The observer should NEVER take possession of a sample.**

## NADAP WEBINARS

All webinars begin at 1300-1400 (CDT). An additional webinar is available at 1700 (CDT)

Click the link below to join the webinar.

<https://connect.dco.dod.mil/nadapwebinar1/>

If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event. To setup a DCO account, visit <https://www.dco.dod.mil/> and select "register" at the top left hand corner of the page.

### WEBINAR SCHEDULE

Date	Subject
13 FEB	When and Where to Use ADDs
13 MAR	NDSP and Win 7
3 APR	What is a DAPA?
15 MAY	Keep What You've Earned and Alcohol Awareness Month
5 JUN	Urinalysis Compliance Reporting
26 JUN	Positive Urinalysis Determination



## DEFY PHASE II OPERATIONS

The emphasis of DEFY's Phase II is for positive adult role models, volunteers, to mentor participating youth throughout the school year. Local commands that sponsor a DEFY program are required to submit monthly activity reports to the program headquarter staff within 14 days after an event. Phase II events are usually held at least monthly and normally on Saturdays. During the event, local program staff present at least one curriculum topic, participate in physical fitness activities, and provide mentoring to participating youth. At a minimum, events are 6 hours long and youth are provided lunch with a morning and afternoon snack.

### Protection of PII

Every effort has been made to minimize the amount of PII contained on DEFY documents and forms. However, local programs are required to maintain a minimal amount of PII for safety purposes. Local program staff must take every precaution to prevent the loss of PII in any way. Emergency Information Files (GO Binders) must have the PII cover sheet on the outside covers and contact information on the inside to facilitate return of the binder in the event it is lost. Protect the EIF and all other files throughout the program year. Remember that all files and records are part of the command administrative file and are required to be maintained according to Navy policy. Files and records are NOT personal property of the local program staff.

### Are You or Someone You Know a DEFY Graduate?

The DEFY Program is seeking DEFY graduates on active duty that can provide a positive testimony about their involvement with the program. Contact DEFY at (901) 874-3300 or visit the DEFY Facebook page.



## WHAT IS CONSIDERED AN ALCOHOL TREATMENT FAILURE?

Navy recognizes alcohol abuse and dependency are preventable and treatable. Commands are responsible for identifying members at risk, obtaining a medical evaluation, and ordering members into appropriate intervention and/or treatment at the first sign of a problem. Members who are alcohol abusers or alcohol dependent shall receive education, counseling, and rehabilitation services medically indicated by the severity of their condition. However, there are situations where a member has continued to abuse alcohol after receiving appropriate treatment. When this abuse is to such a degree that it results in a violation of civilian law or the UCMJ, the incident may be considered a treatment failure and the member being processed for separation.

**Some examples of treatment failures may include: (note: this is not an exhaustive list of examples)**

- **Any member who incurs an alcohol incident any time in their career after a period of treatment at Level 1 or above that was precipitated by a prior incident.**
- **Any member who has incurred an alcohol incident, has been a command referral, or has self-referred, and has been screened by medical personnel and found to be in need of treatment, and who commences but subsequently fails to complete any prescribed treatment or incurs an alcohol incident. (Conduct, which amounts to a refusal, failure to complete, or non-amenability shall be determined by the medical officer or LIP. Conduct which amounts to an alcohol incident shall be determined by the member's commanding officer.)**
- **Any member who fails to participate in, fails to follow, or fails to successfully complete any medically prescribed and command-approved aftercare plan. This determination must be made by the member's commanding officer in consultation with the DAPA and SARP.**
- **Any member who returns to alcohol abuse as defined in current Diagnostic and Statistical Manual (DSM) IV criteria at any time during their career following treatment, and is determined to be a treatment failure by their commanding officer in consultation with command DAPA, local SARP, and appropriate medical officer or LIP.**

In all cases, Commanding Officers are responsible in making the determination, in consultation with the SARP, DAPA, and OPNAV N17, whether the member meets the criteria for a treatment failure.

When warranted, a waiver for administrative separation processing may be requested in writing from NAVPERSCOM (PERS-832) via OPNAV (N170). A sample letter is contained in Appendix A of OPNAVINST 5350.4D. A SARP screening is required to determine amenability for another period of treatment.

## SAILOR'S CAUTIONARY TALE ABOUT COPING WITH HARDSHIPS THROUGH ALCOHOL USE

The Keep What You've Earned campaign released its latest testimonial video January 29 as part of a series featuring Sailor's personal stories about how alcohol incidents impacted their careers, and the importance of drinking responsibly.

The latest video features Personnel Specialist 2nd Class Kathryn Cummings from Naval Operational Support Center (NOSC) Norfolk. She shares how a personal hardship led to destructive drinking habits and excessive alcohol use.

Struggling with personal issues, Cummings thought that a night of heavy drinking would be just what she needed to help her forget some, but a night of binge drinking led to even more trouble – this time, with her career.

In the newly released video, Cummings says she thought she did everything right. She called a taxi and got home safe. But her decision to binge drink still affected her career when she was unable to wake up on time for work and received a "fit for duty" screening.

After failing her screening, Cummings was referred to her command Substance Abuse Rehabilitation Program (SARP) and got the help she needed. She now has regular meetings with her command Drug and Alcohol Program Advisor (DAPA), Chief Personnel Specialist Howard Dickerson, who said that Cummings is a "stellar Sailor" who strives to be an example to others.

"Responsible drinking is so important – especially these days where everyone is competing to stay in (the Navy)," said Cummings. She now spends her time working out, volunteering and hanging out with more responsible friends.

According to the Center for Disease Control, binge drinking has become so common that more than half of alcohol consumption in the U.S. is in the form of binge drinking.

"We want Sailors to understand that we aren't trying to stop them from drinking all together, but that if they choose to drink, we want them to do so responsibly," said Dorice Favorite, director of the Navy Alcohol and Drug Abuse Prevention Office. "If a night of drinking affects your ability to show up for work and do your job, that's when we know there is a problem."

Cummings's testimonial is part of the Keep What You've Earned video series. Each testimonial reminds Sailors of the importance of drinking responsibly and keeping what you've earned.

You can watch all the Keep What You've Earned videos at [www.youtube.com/user/NavyNADAP](http://www.youtube.com/user/NavyNADAP).



### KEEP WHAT YOU'VE EARNED MATERIALS AT NLL

Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via <https://nll2.ahf.nmci.navy.mil/> Multiple print products, social media messaging, leadership talking points, and videos are available for download at [www.nadap.navy.mil](http://www.nadap.navy.mil).

Title	Publication Number
Seabee Poster	NAVPERS 535017
Medical Poster	NAVPERS 535018
Submarine Poster	NAVPERS 535016
Surface Poster	NAVPERS 535015
Aviation Poster	NAVPERS 535014
Sailor's Fact Sheet	NAVPERS 535019
Drink Responsibly Every Time Banner	NAVPERS 535023
Plan Ahead for a Safe Ride Banner	NAVPERS 535022
Keep What You've Earned	NAVPERS 535024
It Wasn't Easy Getting Here Banner	NAVPERS 535021
You've Earned It banner	NAVPERS 535020
Table Tents	NAVPERS 535030
Table Coasters	NAVPERS 535029



## NAVY LEADER'S GUIDE NOW AVAILABLE IN SMARTPHONE APPLICATION

The Navy and Marine Corps Public Health Center (NMCPHC) recently launched a smart phone application for the Navy Leader's Guide, an online handbook to help Navy leaders recognize and assist Sailors displaying distressed behaviors.

NMCPHC developed the original online version of the **Navy Leader's Guide for Managing Sailors in Distress** and partnered with the Defense Department's National Center for Telehealth and Technology (T2) to develop the mobile app edition. The Navy Leader's Guide is primarily used by Sailors in supervisory roles to help them identify Sailors who may be showing signs of being in distress. It also provides information on operational stress control, suicide prevention, mental health, medical issues, and common problems that junior Sailors face along with supportive interventions, resources, and strategies as well as official guidance leaders need when they are assisting a distressed Sailor.

"As psychological and emotional well-being is a key component of operational and mission readiness, NMCPHC realized there was a need for Navy leaders to have access to this important resource from wherever they were regardless of computer availability," said Cmdr. Connie Scott, NMCPHC Health Promotion and Wellness department head. "NMCPHC saw the reach and portability of mobile technology and apps as the answer they were looking for and have spent the last year working with T2 to make their vision a reality."

According to Dr. Mark Long, NMCPHC Public Health educator, the app contains resources available in the online version in a format optimized for mobile devices, allowing leaders to take it with them anywhere they go - deployments, training missions, or as a quick resource while on the go in port.

The Navy Leader's Guide app is now available for download on:

iTunes: <https://itunes.apple.com/hk/app/navy-leaders-guide/id762950101?mt=8>

Google Play:

<https://play.google.com/store/apps/details?id=com.t2.navyleadersguide>

The application can also be accessed from the NMCPHC website:

<http://www.med.navy.mil/sites/nmcphc/Pages/Home.aspx>

